

GULF DEFENDER



Vol. 65, No. 6

Tyndall Air Force Base, Fla. *Home of Air Dominance Training*

Feb. 10, 2006

In brief

RAO office hours

Effective today, the Retiree Activities Office will only be staffed Tuesday, Wednesday and Thursday due to the limited number of volunteers to man the office. Volunteers are needed to keep this Air Force program going that serves the local retired military community. Contact the Retiree Activities Office at 283-2737 or e-mail rao@tyndall.af.mil for more information.

Annual awards banquet

Today is the last day to purchase tickets for the 2005 Team Tyndall Annual Awards Banquet Feb. 17. Reservations can be made through a unit first sergeant.

What's inside



Air battle manager students ready to graduate
... **PAGE 9**



Aerospace Physiology train Airmen for flight
... **PAGE 10-11**



Lisa Norman

Like a record

Second Lts. Juliana Bruns and Ben Reese, 325th Air Control Squadron air battle manager students, practice swing dancing Wednesday to prepare for the upcoming 2006 Checkertail Wing Swing. Tickets are still available for the event, which includes dinner, music by country music stars Ricochet, dancing and more. For more information, turn to Page 14.

CMSAF announces retirement plans

WASHINGTON – The 14th Chief Master Sergeant of the Air Force, Gerald R. Murray, announced plans to retire this summer after serving more than 28 years. Chief Murray has served as the Chief Master Sergeant of the Air Force since July 1, 2002.

"I've grown up as an Airman," said Chief Murray who enlisted in October of 1977 from his childhood home in Boiling Springs, NC. "The Air Force has been a way of life for me for so long, I know it will be bitter-



sweet to say farewell. I've been tremendously blessed in my personal and professional life and I owe a great deal to those Air Force leaders, mentors and peers who helped me throughout my career. I have found that the Air Force has given back to my family and me 10 times what I have given to it, and I am truly grateful.

"I'm also grateful to have represented the best enlisted force in the world to our senior leaders, to Congress, and to the American public," said Chief Murray. "It's truly been an

honor to serve with such outstanding Airmen and great Americans. While my retirement will take me away from active duty status, I will always be an Airman."

Chief Murray's official retirement date is Oct. 1, but a formal ceremony and appointment for the 15th chief master sergeant of the Air Force is planned for June 30. The Air Force chief of staff selects the individual to fill the position of chief master sergeant of the Air Force. Each major command/direct reporting unit commander and deputy chiefs of staff can nominate potential successors from within their respective commands.



2nd Lt. Will Powell

Buckle up!

First Lt. Melanie Slattery, 83rd Fighter Weapons Squadron, buckles in Katriana and Jack into their child safety seats Monday. Children from birth to age 3 must ride in a crash-tested, federally-approved car seat, and children aged 4 through 5 years can either use a separate carrier, an integrated child seat or a seatbelt.

ON THE STREET

1st Fighter Squadron focus:
What happened on your
most memorable Valentine’s
Day?



“I joined the Air Force on Valentine's Day.”

TECH. SGT. TRICIA BELL
Life Support



“My husband suprised me with a trip to a bed and breakfast.”

MASTER SGT. TAMI VISKOCHIL
NCOIC of Aviation Resource Management

Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with “Identify This” in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office. The winner for the Feb. 3 “Identify This” is Staff Sgt. Francisco Ortega, 325th Maintenance Squadron, aircraft structural maintenance craftsman. He correctly guessed it was a bolt on a fire hydrant. Congratulations, Sergeant Ortega. Come claim your prize!



“I was kidnapped and taken to a Michael Bolton concert - I was not stoked.”

2ND LT. KYLE MARTIN
Casual lieutenant



“My boyfriend flew me to Ta-hiti where we spent the week-end at a four-star resort.”

SENIOR AIRMAN KRISTY STAFFORD
Aviation Resource

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Commentary

Commander defines procedures for ‘Excellence’

LT. COL. MICHAEL VACCARO
82nd Aerial Targets Squadron commander

When Gen. Douglas MacArthur retired, he summed up his basic set of values in the phrase “duty, honor, country.”

Approximately a half century later, the Air Force adopted a set of Core Values that embodies not only duty (Service Before Self), and honor (Integrity First) but adds “Excellence in all We Do.”

But just what exactly does that phrase mean? Does it mean give 100 percent effort, 100 percent of the time? Does it mean that we’ll settle for nothing short of perfection?

What Core Value means is we all have an obligation as Airmen to do the best we can with what we’ve got.

The most precious resource we have at our disposal is time. There is only a finite supply and it is not a renewable resource.

Besides time, the other most precious Air Force resource is our people. If we can combine talented, enthusiastic folks with time and some equipment, there isn’t too much we can’t accomplish.

Some tasks are pretty straightforward, and a procedure for completion might be spelled out, step by step, in a technical order.

Proper adherence to the TO and using the proper tools in a safe, efficient manner will ensure the job is completed in an “excellent” manner. This is the procedural track to success.

Other projects may be straightforward,

but there is no step-by-step procedure for completion.

The first step is to set a realistic deadline. If you don’t, work is likely to simply expand to fill all time available either due to procrastination or just plain inefficiency.

Most of us have had something in our personnel records amiss, had a travel voucher processed or orders published with errors. In this case, there was a procedure in place to ensure the task was accomplished correctly, but somewhere along the line, a mistake was made. A human-proof procedure has yet to be invented, so in this case “Excellence in all You Do” means 100 percent effort to ensure the work is error free. If you are reviewing someone else’s work, take the

time to look at it and properly review it. A cursory glance doesn’t pass the test of “best effort.”

If you are a supervisor, you are charged with writing performance reports and preparing decorations for your folks. If a performance report is hastily or poorly written, who will that affect?

But paperwork is just one example. These ideas hold true no matter what task you face. So how do you know if you are achieving excellence in all you do? You do it by giving 100 percent effort in the time you have available to finish the job. And you get as close to perfection as possible when you use the help of your fellow Airmen. In short, you do the best you can with what you have.

FW command chief: Ownership vital to mission success

CHIEF MASTER SGT. CRAIG DEATHERAGE
325th Fighter Wing command chief

I’ve met so many great people – military, civilian and community members – since arriving here only one month ago, and I want to send a message to you all so you can learn a little more about me, what I will expect from you and what you can expect from me.

But first I want to say thank you.

When I got this job, Brig. Gen. Jack Egginton, 325th Fighter Wing commander, told me that I would be helping him foster a culture that lives by the wing motto, “*I am an Airman, and a Wingman to all other Airmen.*” But it’s my observation that most of you already live this motto and take it to heart.

You have made my family feel so welcome that they are already asking me to retire here in 2012! You’ve welcomed me into the Chief’s Group, Top Three, First Sergeant’s Council, Focus 56, and Tyndall Active Airmen Association. You’ve allowed me to address the First Term Airman’s Center, the Informed Decision Reenlistment Seminar, Airman Leadership School and

the NCO Academy. You’ve made me feel welcome. Again, thank you!

As the wing’s command chief, I think it’s important to let people know what my expectations are. I believe in ownership. For example, I change the oil in my car and fill the gas tank with fuel because I own it. If I don’t do that, no one else will. The consequences are obvious if I fail to act as a responsible owner. The same is true of my processes and responsibilities at work. I own these things. If I don’t act as an owner, I will fail in my mission and fail those who are counting on me.

I work to foster a culture of ownership everywhere I go. I expect all Airmen to act as owners. It is a belief that I think fits in perfectly with the wing motto. Airmen must act as owners of this base, protectors of this nation, and defenders of each other’s health, safety and well being. In short – Airmen must be *Wingmen*.

So, what can you expect of me? A good friend of mine used to say that when you step into a position of authority and responsibility, you automatically incur a

leadership debt. You are required to spend the entire time you are in that position repaying that debt. I gladly take ownership of that promissory note! I hope to repay this wing for all the wonderful treatment that my family and I have received so far, but more importantly, I hope to repay my leadership debt to all my fellow Airmen, tenfold.

My wife, Jeanette, my two girls and I are all proud to be here, and we look forward to serving you. God Bless America!



Issac Gibson

Chief Master Sgt. Craig Deatherage is the 325th Fighter Wing command chief.

Action Line Call 283-2255



BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you’re not satisfied with the response

or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General’s Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515

MEO	283-2739
MPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
Legal	283-4681
Housing	283-2036
CDC	283-4747
Wing Safety	283-4231
Area Defense Counsel	283-2911
Finance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

RAO here will close without volunteers

The Retiree Activities Office will soon be forced to close unless more people volunteer to keep it running. Currently, the office is staffed by only a few individuals who are no longer able to keep it running.

The ROA provides a source of information for the retiree community about pay and entitlements, vehicle registration, identification cards and more. Office hours are now from 9 a.m. to noon Tuesday, Wednesday and Thursday. Volunteers can work as many or few hours per week as they desire.

For more information, or to volunteer, call 283-2737, or e-mail rao@tyndall.af.mil.

Moseley discusses uniform changes

ORLANDO, Fla. (AFPN) — The top Air Force general is enthusiastic about the upcoming utility uniform and its head-to-toe changes, he said at the Air Force Association Air Warfare Symposium Feb. 2.

Air Force Chief of Staff Gen. T. Michael Moseley said during a discussion at the symposium that officials have finalized the new uniform, and one of the major topics of discussion was the women’s boot.

For years, women have had to do with a smaller version of a men’s boot, but “that’s not right, and that’s not the way I want to do business,” he said.

“When you have a female Airman pulling security duty at Balad Air Base in Iraq or on the rugged terrain at Bagram AB, Afghanistan, and she’s standing on her feet all day, doing business to serve this country, she deserves better than a small men’s boot,” he said.

“There are physical differences between men’s feet and women’s, and these new boots are going to accommodate that.”

General Moseley said he’s garnered insight about the uniform by actually going out into the field and speaking with Airmen.

“I told them, ‘Tell me what you want to change,’” he said, “and they pointed out they wanted a pocket on the arm, pocket on the legs, more pockets on the blouse, because when you’re over there, wearing the body armor, you have to have those things in places you can reach.”

General Moseley said a women’s version of the utility uniform will also be available, “because for a long time, women have had to pick sizes that were based on the men’s uniform,

which were kind of close to her size, so they had to get them altered or modified or just do with what they’ve got. That’s not going to be an issue anymore.”

He said two uniform issues are still being worked – the final configuration of the regular duty hat and the design of the T-shirt.

“We are also looking at how to put U.S. Air Force on the shirt,” he said. “We want something on the shirt so that when a young Airman at Keesler who is responding to the hurricane takes off his blouse, people know that is an Air Force member conducting that operation and getting the work done.”

General Moseley said he has enjoyed talking with Airmen about the uniform.

“There are a thousand good ideas about the uniforms put out there every day,” he said. “Our goal is to get it done, get it out there and get it right.”



The Tyndall Black Heritage Committee invites all to a luncheon 11 a.m. Feb. 24 at the Enlisted Club. This year’s theme is “Celebrating Community: A Tribute to Black Fraternal, Social and Civic Organizations.” Black Heritage Month is annually recognized in February. It’s a time to reflect upon the many contributions African Americans made to the success and heritage of our great nation.

For more information, contact Johnny Walker at 283-4433.

AF Assistance Fund campaign begins Monday

RANDOLPH AIR FORCE BASE, Texas (AFPN) — This year's Air Force Assistance Fund "Commitment to Caring" campaign, from Monday to May 5, provides Airmen the opportunity to contribute to any of the four official Air Force charitable organizations.

Now in its 33rd year, 100 percent of designated AFAF contributions will benefit active duty, Reserve, Guard, retired Air Force people, surviving spouses and families. Last year, Airmen exceeded the campaign goal by contributing more than \$7.3 million.

Airmen need look no further than the aftermath of last year's hurricanes to understand the benefit the fund provides the Air Force community. Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley addressed this recently in a joint memorandum for the Air Force Assistance Fund:

"Last year, hurricanes Katrina and Rita vividly demonstrated the need for rapid and reliable emergency assistance. Our four AFAF charities – the Air Force Aid Society, Air Force Enlisted Village Indigent Widows' Fund, Air Force Village

Indigent Widows' Fund and the General and Mrs. Curtis E. LeMay Foundation – provided immediate financial and housing assistance to our active duty, Reserve, Air National Guard and retired Air Force members. This was in addition to their normal ongoing assistance with the hardships of deployments, accidents, illness, aging and death."



Tyndall's AFAF campaign is from Feb. 27 – April 7. For more information, contact Senior Master Sgt. Trina Douglas at 283-8288 or Master Sgt. Pedro Montanez at 283-2806.

General Moseley recently announced a \$5.4 million goal for this year's fund drive.

People can contribute through cash, check, money order or payroll deduction to:

— The Air Force Aid Society, which provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs.

Base family support centers have full details on programs and eligibility requirements. Infor-

mation is also available online at www.afas.org.

— The Air Force Enlisted Village Indigent Widow's Fund in Fort Walton Beach, Fla., near Eglin AFB, which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at www.afenlistedwidows.org.

— The Air Force Village Indigent Widow's Fund in San Antonio, which is a life-care community for retired officers, spouses, widows or widowers and family members. The Air Force Village Web site is www.airforcevillages.com.

— The General and Mrs. Curtis E. LeMay Foundation, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is www.lemayfoundation.org.

Contributions to the AFAF are tax deductible.

For more information, visit afassistancefund.org or the Air Force Personnel Center's voting and fundraising Web site at www.afpc.randolph.af.mil/votefund.

(Courtesy of Air Force Personnel Center News Service)

Piece by piece, information put together yields secrets

SENIOR AIRMAN JESSICA SWITZER
39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey (AFP) — These days, modems come built into computers and Internet access many times is cheaper than regular telephone service. It seems everyone has a license to cruise the information super highway.

There are a variety of ways for people to interact across the globe, such as e-mail, chat rooms and instant messaging services. However, some of this interaction may not be on the level.

“People seem to think that talking to others about unclassified information is harmless, but it’s not,” said Capt. Eric Eibe, 39th Air Base Wing operational security program manager. “Enough unclassified information pieced together may likely form a classified picture. I’ve seen too many times where a deployed military member will advertise in a chat room their full name, rank and unit and where they are currently deployed.”

Like any other kind of anti-terrorism and force protection actions, people should be careful about what information they share over the Internet and through e-mail.

“With the dawn of the information age, our ad-

versaries have another tool with which to acquire information we don’t want them to have,” said Capt. John Peresta, 39th ABW antiterrorism and force protection chief. “Whether it’s done by hacking into computers or people mentioning sensitive information to friends and family through e-mail, computers have become a favorite for terrorists to gather information about military activities.”

While e-mail and chat rooms are a way for terrorists to get information directly from military personnel, home computers themselves are not immune from giving away information to enemies through spyware.

Viruses, while not necessarily an information-gathering means, can be used to overwhelm a system and destroy it.

“There are many risks with hooking any system up to a network,” said Senior Airman Jennifer Heckle, 39th Communications Squadron in-

formation protection technician. “By hooking your computer to a network you are making it available to others, to include those that want to do harm to any system they can.”

Spyware is a program that gets on a person’s computer and, like the name indicates, spy on the user’s activities, Airman Heckle said.

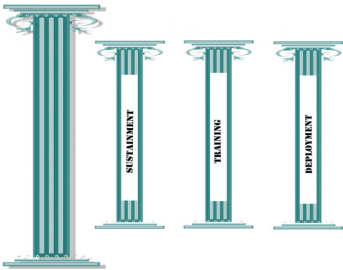
It can collect information like what the user types and what Internet sites they visit and transmits back to the source of the program.

The implications of this type of program infecting a computer are far reaching, and should frighten anyone, she said.


This kind of program can collect passwords, social security numbers and personal information that could be used to steal a person’s identity or even to access restricted sites.

While viruses and malicious programs like Tro-

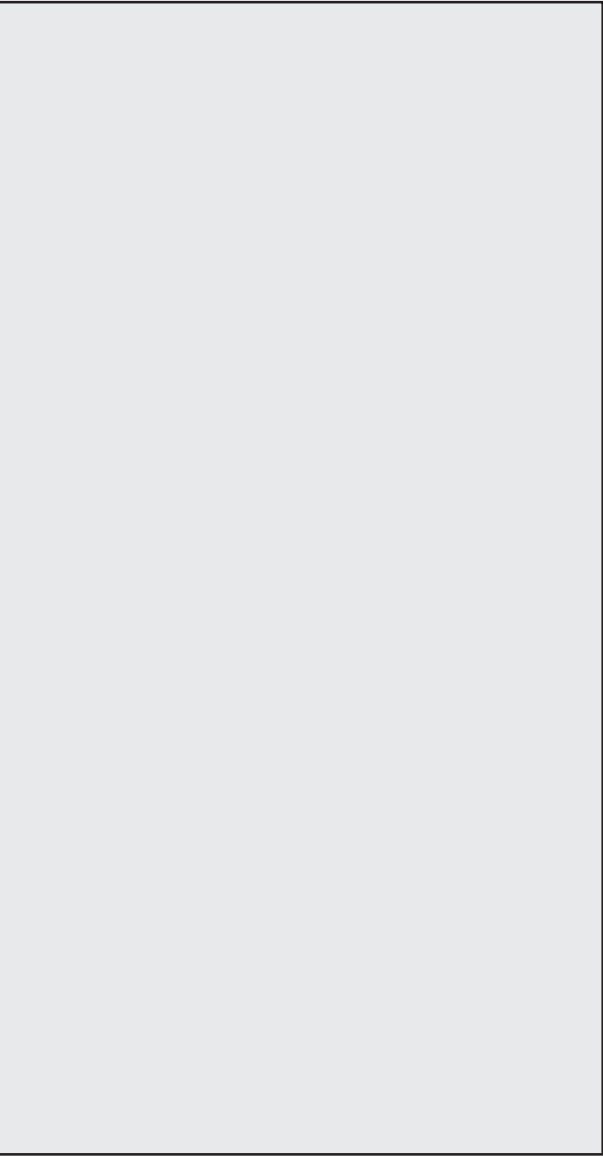
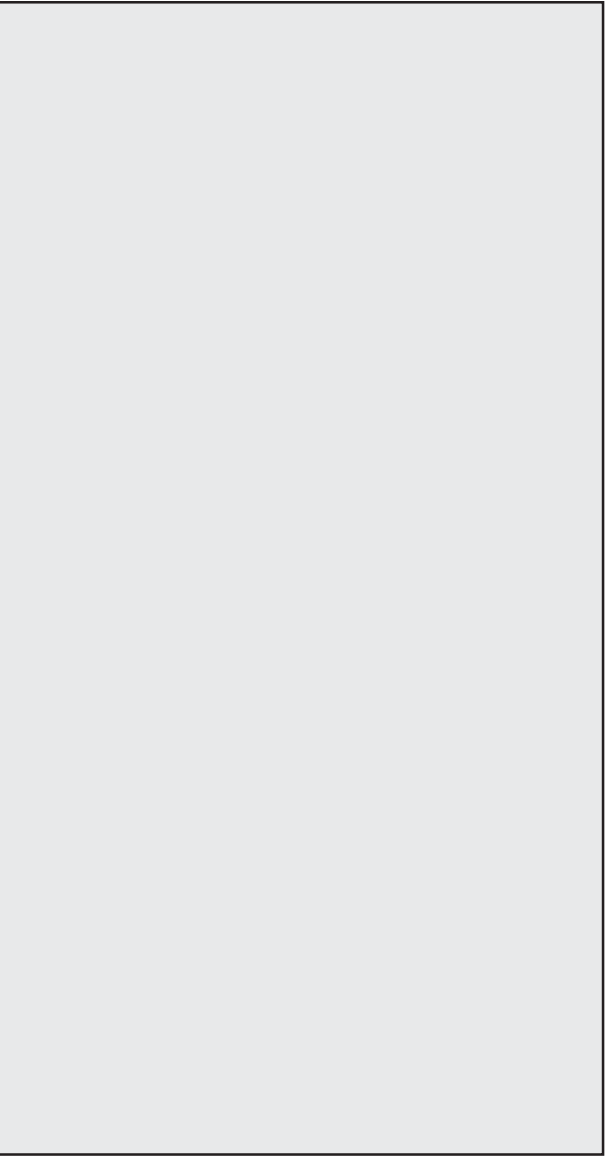
FORCE PROTECTION



● SEE EMAIL PAGE 18



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.



Tyndall agencies give support to deployed families

CHRISSEY CUTTITA

325th Fighter Wing Public Affairs

As an expeditionary force, deployments are common and agencies here help children in military families prepare for them.

The Tyndall Family Support Center offers a pre-deployment seminar to help families prepare for the temporary absence of one of its members. In addition, the Tyndall Family Advocacy sponsors an infant and toddlers program, which provides in-home support to families that teaches parents what to expect emotionally, medically and developmentally with young children.

“Family activities such as family tradition night are important because children feel that they are an important part of the planning process, and family traditions also help create a routine and stability which greatly increase a child’s comfort level,” said Jodie Schwartz, Family Support Center flight chief.

By using an e-mail listing of families of deployed members, they keep

families up to date on available services, offer deployment-coping tips and remind families that Tyndall agencies are here to help them. They also have planning calendars, magazines, pamphlets and other resources available.

“Children are often overwhelmed and don’t know how to deal with the deployment,” said Sheri Ward, Family Advocacy outreach manager. “I always tell parents to make sure they have a routine and soothe the child in knowing their parent is not gone. Adults have to remember that whatever they do when the parent is gone they will have to incorporate when the parent returns. So a child’s routine should not be drastically changed. They should not have more money spent on them, more household chores given to them, allowed to create poor nutrition habits, or be given opportunities to sleep with someone to calm them.”

The Family Support Center, Family Advocacy and other agencies here team up to host events for fami-

lies of deployed Airmen like Operation Junior R.A.P.T.O.R.

“The Chapel, Youth Center and Child Development Center here are always on the lookout for deployed families and offering ways to help,” said Ms. Ward.

Keeping a child’s daily routine is important. It’s suggested that the stay-at-home parent set clear boundaries prior to the deployment and stick to them.

“Parents and caregivers should remember that this is a trying time for all involved and the best thing to do is not discount the child’s feelings or your own, but address the issues and deal with them in positive and healthy ways,” said Ms. Ward. “This will in turn help everyone focus better on their daily activities

such as school, work or extracurricular activities.”

Tyndall’s Family Advocacy can provide information to help children, but if a dependant wants to seek medical attention, they have other options. They can visit a chaplain on base, go online to Air Force One Source or call (800)700-8646 to be referred to a Tricare facility downtown.

For more information, call the Family Advocacy at 283-7511 or the Family Support Center at 283-4205.



Chrissy Cuttita

Master Sgt. Kenneth Tate, Family Support Center NCO in charge of readiness, talks with spouses of deployed Airmen about base services available to them.





FOD Preventer of the Month





Senior Airman Dana McDermott, 1st Aircraft Maintenance Unit support technician, uses a grinds a screwdriver to make it usable again. Airman McDermott is the Foreign Object Damage Preventer of the Month for January. She informed the wing FOD prevention manager that palm trees along the flightline were dropping seeds every year. Congratulations, Airman McDermott!

Staff Sgt. Benjamin Rojek



UNDER CONSTRUCTION

Phase II of construction at the Sabre Gate is underway. This portion of work will last approximately four months. This phase of construction allows for only outbound traffic flow through the Sabre Gate. Inbound access for military family housing residents and Youth Center, Golf Course and Marina Club employees will be through School Road Gate.

All inbound traffic through School Road Gate will be required to turn right onto DeJarnette Road, and all outbound traffic on Sabre Drive will not be permitted to turn right on DeJarnette Road. All other inbound traffic should use the main gate at Illinois Avenue.



Checkertail Salute

Melissa Porter



Lisa Norman

Ms. Porter receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Ms. Porter, 325th Fighter Wing Protocol. She coordinates the visits for Tyndall's distinguished visitors and works with agencies throughout the base to make the visits productive for the DV and the Checkertail Clan.

Duty title: 325th Fighter Wing Protocol chief

Time on station: Four years

Time in service: Six years

Hometown: None - I'm a military brat

Favorite book: Anything by Jodi Picoult

Favorite movie: "Say Anything"

Favorite thing about Tyndall: My job. I help make lasting memories and give a favorable impression of Tyndall to visitors.

Pet Peeves: Poor spelling, laziness

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

The Gulf Defender is published for people like Airman Basic Anthony Zeno, 325th Mission Support Squadron customer service representative.



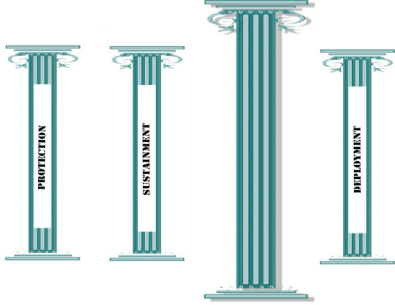
Help Us Conserve



YOU HAVE the POWER®

FORCE TRAINING

ABM students look ahead, reflect back



2ND LT. AMANDA FERRELL
325th Fighter Wing Public Affairs

“I look forward to seeing the world,” said 2nd. Lt. Drew Bailey, 325th Air Control Squadron air battle manager training student. “I also look forward to the satisfaction of being able to be part of a crew, to know that others can count on me and that I can count on them.”

The lieutenant and his classmates will graduate from undergraduate air battle manager training March 8 after 160 days of training.

The students will then attend follow-on training to learn mission-specific operations of the E-3 Sentry Airborne Warning and Control System or the E-8 Joint Surveillance Target Attack Radar System.

“Students spend eight and a half months completing academics, observing aircraft missions in the scope and practicing in simulators,” said 1st Lt. Don VanSlyke, 325th ACS instructor. “The academics are demanding and in certain phases of training, students are in simulators on a daily basis.”

While the air control mission as an ABM will vary depending on the type of aircraft and location students are assigned to, the fighter aircraft here provide the experience needed to generate world-class controllers.

“We are responsible for providing ground control intercept to the F-15s here,” said Lieutenant Bailey. “GCI is

basically providing the pilot with any information that will aid in their targeting of the adversary.”

As students complete training and near graduation, they find perspective and keep long-term career goals in sight.

“Before training I knew that ABMs controlled aircraft from the AWACS and JSTARS,” Lieutenant Bailey said. “I now understand the big picture of ‘command and control.’”

Although tactical control is the foundation, an ABM must be able to understand how different aircraft and their employment capabilities affect the overall air war, he said.

“One of my career goals is to be as good of a weapons controller as I can be,” Lieutenant Bailey said. “I plan to work toward being a senior director onboard the E-3 AWACS.”

The quality training provided by the air control squadron here is second to none, said Lieutenant VanSlyke.

But students will miss other aspects of Tyndall as well.

“I’ll miss the Florida weather and being able to look out my window and see the ocean,” said Lieutenant Bailey. “I’ll also miss classmates who are going to different assignments. But the ABM career field isn’t that big, so I’m sure I’ll have the chance to work with many of my classmates in the future.”

During the graduation ceremony,



2nd Lt. Amanda Ferrell

Second Lts. Jim Peterson, April Kreighbaum and Reina Serineo monitor aircraft through radar scopes in the Air Control Squadron simulator complex.

each new air battle manager has their functional badge pinned on by a current or former weapons controller.

Lieutenant Bailey will celebrate his achievement with family and friends.

“My girlfriend will be flying down from Tinker AFB, Okla., to pin my controller badge on,” he said. “She is an air weapons officer and has been a great inspiration to me.”

Undergraduate training will culminate with the formal graduation ceremony, but the careers of each newly pinned air battle manager will just be starting.

Training Spotlight

What is the question most commonly asked by new Airmen?

“They ask us how they can have a successful Air Force career.”



TECH. SGT. ROBERT EDWARDS
325th Mission Support Squadron
First Term Airman Center flight chief

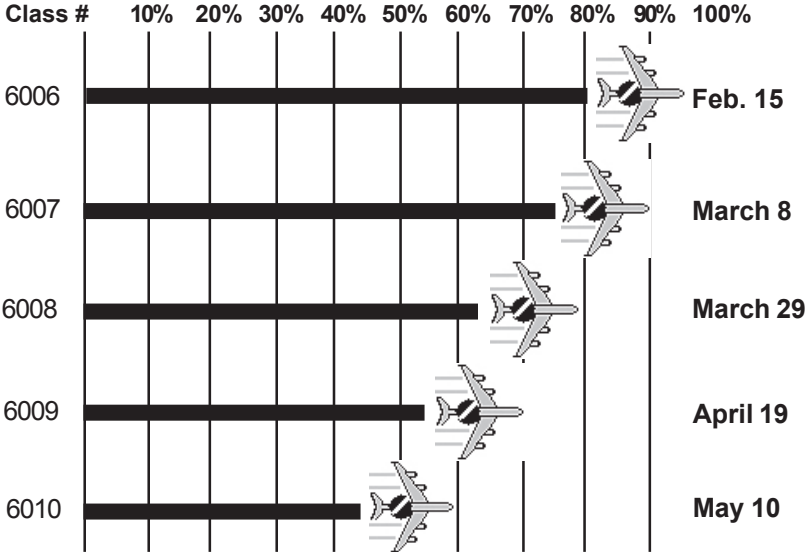


Staff Sgt. Benjamin Rojek

Oil’s well

Airman 1st Class Jack Daniels, 372nd Training Squadron/Detachment 4 mission ready airmen student, performs an engine oil inspection while practicing recovery procedures Tuesday. Airman Daniels graduated from the course Thursday and will be stationed at Kadena AB, Japan.

Air Battle Manager student progress chart



Effects of Flight

Aerospace physiology technicians study human performance in the air – while on the ground

STORY AND PHOTOS BY
2ND LT. AMANDA FERRELL
325th Fighter Wing Public Affairs

Having faith in the aerospace physiology technicians of the 325th Aero-medical-Dental Squadron is required when your oxygen supply is cut at 8,000 feet above sea level.

Experts on the human response to flight, aerospace physiology technicians train aircrew members to react safely to adverse physiological reactions in the air.

“Our primary focus is to train aircrew members and ground forces on the physiological affects altitude places on the human body,” said Staff Sgt. Rodrigo Vener, 325th ADS aerospace physiology technician. “We also brief aircrews on mission-imposed threats, atmosphere and gas laws, parachuting principles, emergency physiology reactions and aircrew life support.”

“As an aerospace physiology technician, we are given the opportunity to go through certain training that actual aircrew members go through,” said Senior Airman Mark Reith, 325th ADS aerospace physiology technician. “Training such as jump school, high-altitude, low-opening school and combat survival courses give us actual experience in what we’re teaching,” he said.

Technicians here concentrate on the physiological and life support needs of local aircrew members and passengers. Pilots and aircrew members from surrounding bases including Hurlburt Field AFB and Eglin AFB also receive hypobaric chamber training from technicians here.

“Our primary focus is hypobaric chamber training for aircrew members and passengers,” said Tech. Sgt. Phil Calla, 325th ADS aerospace physiology technician. “We typically have two to three chamber courses each week.”

The chamber course consists of a series of academic briefs explaining the physiological reactions to altitude and pressure changes. While the brief focuses on the multiple, yet illusive symptoms of hypoxia, information about situational awareness, self imposed stress and oxygen equipment is also covered.

“I’m responsible for student aca-

demics during chamber training,” Sergeant Calla said. “The academic portion covers safety and human performance during flight.”

“Our instruction is extremely comprehensive,” said Sergeant Vener. “Noise and vibration, spatial disorientation, stress and decompression sickness are only a few factors the hu-

man body reacts to during flight.”

The technicians study specific systems in the human body and their response to changes in altitude and motion, he said.

“The most common symptoms students suffer from during chamber training are insidious loss of useful consciousness, blurred vision, light headedness and tingling,” Sergeant Vener said. “Muscle twitching and nausea are also common.”

“Usually the only reactions we get are ear and sinus related,” said Airman Reith.

After receiving academics on the

FORCE T

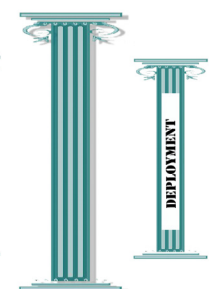


Tech. Sgt. Phil Calla and Airman 1st Class Virginia Torpey, 325th ADS aerospace physiology technicians, simulate how the body reacts to spatial disorientation during flight. Airmen are spun around and must indicate which way they think they are turning while their eyes are closed.



Staff Sgt. Rodrigo Vener checks the oxygen mask seal for a student pre-

TRAINING



physiological affects of flight, students are evaluated on how quickly they can identify their own symptoms of hypoxia.

"Oxygen masks are fit and tested for each student before they enter the chamber," said Sergeant Vener. "It's our job to help aircrew members adjust the equipment and ensure it functions properly."

Safety during flight and in the chamber is as dependent on equipment fitting correctly as it is for aircrew members knowing how to react to dangerous situations, he said.

"Students are expected to react

promptly to any symptom they feel," said the sergeant. Because symptoms are often unperceivable, instructors are present to advise students to increase the flow of oxygen and reattach their masks if necessary.

Though hypobaric chamber training is the primary duty for technicians here, they are also trained to instruct Airmen on health-related topics through Human Performance Training.

"Aerospace physiology technicians are becoming more involved with our Airmen," said Tech. Sgt. Kimberly Muhlecke, 325th ADS aerospace physiology technician. "As a human perfor-

mance team technician, I conduct research on subject matter specifically geared towards individual career fields. By doing this, units are able to increase their performance productivity."

Staying well rested and understanding the body's response to the stresses of a new environment helps people mitigate potential problems before they become major health concerns, said Sergeant Muhlecke.

The challenge is convincing our non-aircrew career fields that we have useful information to offer, she said. Our audiences generally enjoy the "physiological spin" we put into our topics and they leave with a broader level of understanding.

"Aerospace physiology technicians are researchers," said the sergeant. "Our research challenges us to explore all physiological aspects in order to maximize the human weapon system."



Students annotate their hypoxia symptoms during a hypobaric chamber exercise that simulates a reduction of oxygen in a high-altitude environment.



paring to enter the hypobaric chamber.



Airman Atif Jalis, 325th Aeromedical-Dental Squadron aerospace physiology technician, and Sergeant Vener control pressure changes and brief instructions to students during hypobaric chamber training.

Briefs

AADD volunteers

Airmen Against Drunk Driving is looking for volunteers. Operating hours are 5 p.m. to 5 a.m. Fridays and Saturdays. Volunteers must be E-1s through E-4s. Those interested in volunteering can call 867-0220, or e-mail Airman 1st Class Brandon Krueger at brandon.krueger@tyndall.af.mil.

German festivities and walking

The Panama City VolksSports Club and the local German-American Club will host a day filled with walking, eating, music and dancing starting 7:30 a.m. Saturday at the Tyndall Marina Club. These events are open to the public. Children under 12 must be accompanied by an adult.

For more information or base access, contact Marcel Hildebrand at 769-3376, Al Tremaine at 871-0841, or Caroline Bagley at 234-5792. Participants without a DOD identification can also stop by the Visitor's Center.

Civilian Personnel closure

The Civilian Personnel Flight will be closed from noon to 4:30 p.m. Feb. 16 for an official function. For assistance during that time, please call 283-3241.

Blood pressure class offered

The new "Lower Your Blood Pressure" class will be held 10 – 11:30 a.m. Monday at the Health and Wellness Center. February is Heart Health Month. This class is open to everyone. Call the HAWC at 283-3826 to sign up.

Heart Link

The next Heart Link is 8 a.m. to 2:30 p.m. Feb. 17 at the Enlisted Club Classics Lounge. Heart Link is an orientation program that helps Air Force spouses learn more about the Air Force mission, customs, traditions, protocols and available resources and services. For more information, call the Family Support Center at 283-4205.

OSC function

Join the Officers' Spouses' Club for a Scaventure 6:30 p.m. Feb. 21 at the Officer's Club. The game is a twist on the average scavenger hunt with a sprinkling of clues, trivia and team challenges. Communication, navigation,

teamwork and the ability to follow instructions are a must. Reservations are required by noon Feb. 17. Contact Geraldine at 871-1895 or rgtraver@netzero.com.

Base Legal Office closure

The Base Legal Office will have only emergency legal assistance during the week of Feb. 27 – March 3. For more information, call 283-3271.

Troy State deadlines

Today is the deadline for removing an incomplete grade from Term III and for signing up for the Term IV comprehensive exam. The exam will be administered on March 11. Web registration for Term IV begins Monday and continues through March 12. Open registration will be Feb. 27 – March 12. Term IV is March 13 – May 21. Call Troy State at 283-4449 for more information.

Gulf Coast Community College

The GCCC Foundation Scholarship for the 2006/2007 Academic Year is now available and must be turned in by March 1. Applications are available at the Tyndall Center. For more information, call 283-4332.

OSC scholarship applications

Scholarship application packets are currently available at schools for seniors and spouses, and they can be picked up at your counselor's office. Students must have a 3.0 grade point

average. Eligibility requirements are:

1. Active-duty military personnel stationed at Tyndall AFB. (Residence with sponsor is not required.)
2. Active-duty Air Force personnel, currently on an unaccompanied remote assignment, whose family resides in the Tyndall AFB area.
3. Retired Air Force personnel residing in the Tyndall AFB area.
4. MIA or deceased Air Force personnel whose family resides in the Tyndall AFB area.

The deadline to be picked up is 3 p.m. March 3. Late applications won't be accepted. For more information, call Shannon Urban at 648-8229.

New base guides and maps

Visit the Public Affairs office to get the latest telephone book and map for Tyndall. For more information, call 283-4500.

Thrift Shop hours

Normal operating hours are 9:30 a.m. to 12:30 p.m. Wednesday – Friday, with consignments from 9:30 – 11:30 a.m. Wednesdays and Thursdays. The Thrift Shop is located in Bldg. 743, across from the Post Office. For more information, call 286-5888.

Military Baseball Tryouts

Active-duty servicemembers can try out for the wood bat league 10 a.m. to 3 p.m. March 17 – 18 at Naval Station Mayport, Fla. For more information, contact Lt. Chris Jabs at (904) 542-8615.



Lisa Norman

Huff-n-puff

Carlos Monzon from Great American Voices performs as the big bad wolf during a children's opera Wednesday at the Youth Center. The entertainers will perform "Opera and All That Jazz" at 6:30 p.m. today at the Officers' Club. The event is free, and tickets are available at the 325th Services Squadron, Bldg. 1125. For more information, call 283-2501 or 283-4211.

**Tyndall Chapel Schedule****Catholic services**

Daily Mass, 11:30 a.m.
Monday–Friday,
Chapel Two
Reconciliation, before Saturday Mass or by appointment
Saturday Mass, 5 p.m.,
Chapel Two
Sunday Mass, 9:30 a.m.,
Chapel Two
Religious Education, 11 a.m.,
Bldg. 1476

Protestant services

Traditional worship service, 9:30 a.m., Chapel One
Contemporary worship service, 11 a.m., Chapel Two
Wednesday Fellowship, 5 p.m., Chapel Two

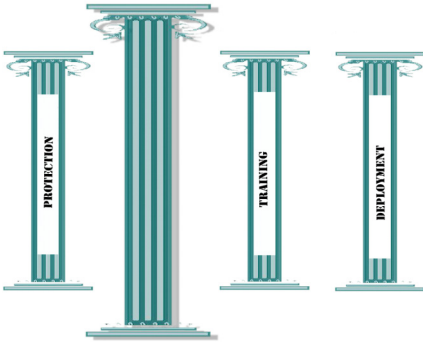
(For more information on other services in the local area, call the Chaplain's office at 283-2925.)



Chrissy Cuttita

Lift off
Brian Martin, Darnell Williams, Brian Timpe and Anthony Randazzo, 325th Communication Squadron, run 50 yards while carrying a 200-pound dummy on a stretcher Tuesday at the base track. Seven 325th Mission Support Group squadrons competed in a combat challenge set up by Tyndall firefighters.

FORCE SUSTAINMENT



Intramural Sports Standings

Basketball					
Team	W	L	Team	W	L
ACS	10	0	SFS	3	5
95th FS	7	1	COMM	3	7
AMXS 3	6	1	SVS	2	6
AMXS 1	7	2	83rd FWS	2	7
AMXS 2	6	3	AFRL	2	7
OSS	6	3	601st EAOG	1	7
MXS	4	2	CES	0	8

Bowling					
Team	W	L	Team	W	L
MXS - Phase	96	56	AFCEA	76	76
TEST	94	58	CS 1	76	76
SFS	94	58	AMMO	74	78
1st AMU 3	93	59	CONS	73	79
MXS 1	90	62	83rd FWS 2	72	80
601st 2	90	62	53rd WEG	70	82
IAM	90	62	SVS	67	85
601st 1	88	64	OSS	66	86
MSS 2	88	64	ACS 2	66	86
1st AMU 1	85	67	RED HORSE	62	90
MSS 1	84	68	MOS	61	91
AMXS	84	68	ACS 1	58	94
NCOA	82	70	CS 2	58	94
83rd FWS 1	80	72	MDG	56	96
CES	78	74	1 FS	52	100
1st AMU 2	77	75	AAFES	44	108

CONS negotiates close win over MOS

PIGSKIN PROGNOSTICATOR
From home of the real Super Bowl champs

Well, we’re all winners in my book.

I know, I know. We’re not all winners in the classical sense. The Steelers took that title. But what a game we all had the privilege to watch.

While I did pick and root for the Seahawks, it was amazing to watch the Steelers get “One for the Thumb.” Although some of the officials’ calls were a little iffy, Seattle did make some plays that helped them lose the game.

“I don’t want to hear that the refs cheated,” said Jalal Razick, 325th MOS prognosticator. “Seattle had plenty of chances to score, but they just failed to execute.”

Just like Ben Roethlisberger failed to make it over the line for his “touchdown?”

I’m not the only person to feel that the officiating was off.

“We knew it was going to be tough going up against the Pittsburgh Steelers,” said Seattle coach

Mike Holmgren. “I didn’t know we were going to have to play the guys in the striped shirts as well.”

Like I said, some of the calls were questionable, but he will have to live with the fact that his team did make some bad decisions, like not properly handling the clock. I did pick the Seahawks to win, however, as Razick was glad to remind me.

“I would like to add that the Pig Prog picked Seattle to win, and he lost again just like he has all year,” said Razick. “I bet he won’t print that in the paper.”

He was wrong about two things. I did put that in the paper, and the total score of the game was not 47.

No, 325th CONS was closer with their pick of a total score of 43 for Super Bowl XL. The first ever Super Prog champions have taken the first ever Super Prog trophy.

“Winning Super Prog I was bittersweet,” said Brent Goe, 325th CONS picker. “I ended up on top of the heap, but I had to beat a fellow life-long Steelers fan to get there.”

That Pittsburgh connection eased the pain of losing for Razick.

“I want to congratulate Goe and his crew,” said the MOS picker. “Our beloved Steelers won the battle, but he won the war.”

They’re speaking sweetly now, but Goe said it was all the trash talking that got him fired up to push forward for a win.

“It’s easy to give up when you find yourself in the middle of the pack with a few weeks left,” he said. “But after reading a few of (the other picker’s) quotes, I couldn’t just lay down. I had to try to make a run at them.”

And just like his beloved Steelers, he came back to win it all.

“I had a lot of fun, and I’m sure the rest of the prognosticators did as well,” said Goe.

I know I did. And I’ll have even more fun winning the competition next year.

Now let’s get out there and... What is there to do after football?

Softball tryouts

The Tyndall women’s varsity softball team tryouts will be held on the following dates:

10 a.m Saturday at Falcon Field
4:30 p.m. Monday at Falcon Field
4:30 p.m. Wednesday at Falcon Field
10 a.m Feb. 18 at Eagle Field
10 a.m Feb. 20 at Eagle Field

Anyone interested in joining the Tyndall Lady Tigers winning tradition should e-mail Senior Master Sgt. Daryl Shines at daryl.shines@tyndall.af.mil.

Men’s varsity softball tryouts will be conducted at Falcon Field on the following dates:

11 a.m. Feb. 18
10 a.m. Feb. 20
5:30 p.m. Feb 21, 22 and 23

Anyone interested should contact Master Sgt. Robbie Robinson at 283-5137 or robert.robinson@fljack.af.mil.

Wing Swing brings 1940s culture back

SENIOR AIRMAN SARAH McDOWELL
325th Fighter Wing Public Affairs

Tyndall members will get their chance to become jitterbugs at the upcoming Wing Swing, featuring 1940s-era dancing, food, vintage artwork, cars and aircraft.

The dance will start at 5 p.m. Feb. 25 in Hangar 5.

"We are even bringing in a live jazz ensemble called Full Spectrum," said Capt. Brad Funk, Wing Swing project officer. "These cats are said to be 'fantastic.' They are all members of the U.S. Air Force Reserve Jazz Ensemble and are full-time professional Air Force musicians."

Also, there will be a country group named Ricochet, who will play at 9 p.m.

"Recently, Ricochet has been nominated for 'The Vocal Group of the Year' by both the American Music Association and the Country Music Association," Captain Funk said. "They have also been named best vocal group by both the Academy of Country Music and Billboard Magazine."

In addition to the swing music, there will be a professional dance troupe, named Swingtastic, dancing swing style during the event. The group's aim is to preserve the American Heritage of swing dancing, one of the only American-born dances known. They will also be giving lessons.

The hangar dance tradition started in the 1940s when big bands and swing dance was popular.

"Bases throughout the United States and Europe would use hangars as the venue for this popular event," Captain Funk said.

In this tradition, Tyndall's Wing Swing will recreate the '40s, but will also showcase some of today's Air Force highlights.

"We will have a static World War II P-51 Mustang and an F-22A Raptor on exhibit," he said. "There will also be multiple

displays chronicling the era, great food for a great price, dance lessons if you want to learn that day, wonderful bands and performances, a chance to compete in swing dance competition and a 'Rosie the Riveter' competition."

The dinner options are roast beef, baked chicken or chef salad, with rice or mashed potatoes, gravy, rolls, sheet cake, water and tea.

For those with children, there will also be a babysitting service. And parking will be at the Enlisted Club with three shuttle buses traveling to and from the hangar.

"Even if you don't think you can dance, you still need to be there," said Captain Funk. "The joint will be jumping!"

I am about to blow my top! The Tyndall Wing Swing is at 5 p.m. Feb. 25 in Hangar 5!

Yeah, man! Let's get in the groove, and cut a rug with some hepcats!

Wing Swing coins available, call unit rep!

Graphic illustration by
Senior Airman
Sarah McDowell

Wing Swing tickets still available

To purchase tickets, contact your squadron representative at 283-xxxx:

2nd Lt. Michael Jost, 325th CES, x8487

Angie Crawford, AFRL, x6274

Capt. Brad Foster, 325th OSS, x2070

Capt. Gregory Soderstrom, 325th OSS, x2070

Ginger Cullen, AFCESA, x6167

Jill McDonald, 81st RCS, x2319

Leslie Richardson, 325th CONS, x8611

1st Lt. Donald VanSlyke, 325th ACS, x2969

Maj. Damian Olivieri, 1st FS, x4327
Meg Hughes, 82nd ATRS, x4601

Master Sgt. Travis Fritts, 325th SVS, x4858

Master Sgt. Eric Hall, 325th ADS, x7578

Master Sgt. John Kelley, 325th SFS, x9951

Master Sgt. Marion Wynn, 325th MOS, x2403

Patty Fackler, 325th SFS, x4076

Renee O'Neal, 83rd WEG, x2945

Senior Airman Melissa Sanchez, 325th MDOS, x7501

Staff Sgt. Nicholas Craddock, 325th CS, x2503

Staff Sgt. Shelica Jackson, 43rd FS, 282-4300

Staff Sgt. Eric Williams, 325th MDSS, x7736

Tech. Sgt. Larry Cutting, 325th MXS, x3686

Tech. Sgt. David Marquez, 325th AMXS, x4891

Tech. Sgt. Kristi Sundstrom, 325th CPTS, x8340

Tickets are also available at the Officers' Club ticket cage daily, as well as at the Base Exchange on Saturdays and Sundays from 10 a.m. to 2 p.m. For more information, call 283-4357.

Wing Swing events, program

5 p.m. – doors open

• Recorded swing music / P-51 photos / beer wagons & bars open

5:15 p.m. – group swing dance lessons

5:45 p.m.

• Intro's / Welcome – Brig. Gen. Jack Egginton

• Invocation – Chaplain

6 p.m. – "Swingtastic" show (45 minutes)

6:45 p.m.

• Dinner lines open (close at 8:30 p.m.)

• "Full Spectrum" begins

7:45 p.m. – swing dance contest begins – two songs

8 p.m. – "Full Spectrum" continues

8:45 p.m. – Rosie the Riveter contest

9 p.m. – Ricochet begins

11 p.m. – last dance



Tigers sweep MacDill Warriors

The Tyndall Tigers men’s varsity basketball team won both games against the visiting MacDill Warriors in the Southeastern Military Athletic Conference regular-season play Saturday and Sunday.

With the victories, the Tigers moved into sole possession of first place in the conference pending the outcome of the Moody AFB, Ga., vs Naval Station Mayport, Fla., contests.

In Saturday’s game, MacDill rode the hot hand of guard Kevin Phillips, who poured in 22 points, to a 13-point lead at the intermission, 50-37. In the second half, the Tigers stepped up their effort on the defensive end and they clawed their way back into the contest. Tyndall finally seized the lead, 56-54 with 13:45 remaining to be played as Marqus Armour connected on five consecutive baskets. The Tigers extended their lead to double digits and made their free throws down the stretch to secure the victory, 87-79.

Melvin Smith paced the Tigers in scoring with 21 points, followed by Marqus Armour with 20 points, Lance Clark with 16 and Elvin Walker with 13. Clark and Armour tied for rebounding honors with 12 each

and Smith led in assists with six. Kevin Phillips led the Warriors in scoring with a game-high 25 points.

Sunday’s game saw the Tigers and Warriors engaged in an old fashioned shoot out. When the dust cleared, MacDill led by one point at the half. In the second half, the lead swung back and forth until the Tigers went on a late run to take an eight-point lead to take control of the game. Once again they converted their free throws to take the victory, 96-90.

Walker paced the Tigers in scoring with a game-highlight 28 points, followed by Ryan Cunningham with 19, Smith with 15, Anthony Showers with 11 and Armour and Jeffrey Blue with 10 points each. Derrell Thomas led in rebounding with 10, and Smith dished out six assists. Phillips again led the Warriors in scoring with 18 points.

Saturday and Sunday, the men will participate in the SEMAC Post Season Tournament, at Robins AFB, GA.

(Courtesy Tyndall Tigers)



Varsity basketball action

The Tigers and Lady Tigers will host the Dragons and Lady Dragons from Keesler AFB, Miss. Saturday and Sunday in the finale of their home games for this season.

The women’s team plays at 2 p.m. Saturday and 11 a.m. Sunday. The men’s team plays at 4 p.m. Saturday and 1 p.m. Sunday. For more information, contact the Fitness Center at 283-2631.

Troops redeeming thousands of “Gifts from the Homefront”

DALLAS – As retailers report increased sales due to gift cards purchased in December, the Army & Air Force Exchange Service is redeeming thousands of “Gifts from the Homefront” at contingency PX/BX locations throughout Operations Iraqi and Enduring Freedom.

“Dollar contributions to ‘Gifts from the Homefront’ in December exceeded all of those received in August, September, October and November combined,” said Lt. Col. Debra Pressley, AAFES chief of communication.

December contributions showed a 57.9 percent increase over November with 3,481 certificates issued. Total contributions to “Gifts from the Homefront” since the program’s inception are now \$1,173,210, an average of \$35,551 a month sent to troops serving far from home.

To date, 18,371 of the 61,048 total gift certificates distributed since March 2003 have been sent to “any servicemember” through the American Red Cross, Air Force Aid Society, Fisher House, USO, Coalition to Salute America’s Heroes, Operation Homefront or Operation Interdependence®.

AAFES officials are hopeful that the end of the year surge will carry over to 2006.

“I hope every American makes a servicemember his or her sweetheart this Valentine’s Day by sending a gift certificate,” said Colonel Pressley. “Just remember, chocolates sent through the mail don’t look the same once they arrive in the desert.”

Chocolates, cards and even video games are available at more than 50 contingency exchanges throughout Operations Iraqi and Enduring Freedom. Reports



Senior Airman Karolina Gmyrek

Airman 1st Class Heather Simpson, 332nd Expeditionary Communications Squadron, browses the new DVD section during the grand opening of the Mini-Base Exchange at Tallil Air Base, Iraq, during Operation Iraqi Freedom.

from Iraq indicate that certificates purchased in December are being redeemed for energy drinks, phone cards and snacks.

Any American can send a “Gift from the Homefront” by logging on to www.aafes.org or calling 877-770-4438. The certificates can be sent to an individual Soldier, Airman, Sailor or Marine (designated by the purchaser) or distributed to “any servicemember” through any one of seven charitable organizations.



Questions about career options?

Call Senior Master Sgt. Al Lewis, 325th Fighter Wing career assistance advisor, for answers to retraining or special-duty questions at 283-2222.



Funshine NEWS


www.325thservices.com

☆ Log onto the NEW & IMPROVED Web site ☆

www.325thservices.com

National Endowment for the Arts
 ★ Presents ★
 Great American Voices
 Military base tour
 Unforgettable melodies from
 Opera & Broadway
FREE! at the **FREE!**
 Officers' Club
Tonight
6 p.m.

NATIONAL ENDOWMENT FOR THE ARTS Call 283-4357 for details. No federal endorsement of sponsor intended. **BOEING**

Welcome to Treasure
 Island
 HQ AETC
 Eubank Evaluation
 Team!

Valentine's
 Delivery

Don't forget your loved ones on this special day.
 Have their flowers delivered or surprise that special someone yourself.
 Order your floral arrangement today.

For details, contact the Community Center at 283-2495.

Attention Team Tyndall: Place a *free* classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public

Rank/Name _____

Unit/Office Symbol _____

Duty Phone _____

Home Phone _____

Item description (One ad per form)
 (30 words or less)

We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf

Did the front page grab your attention? Yes ☐ No ☐

Do you feel there is a good mix of local, command and Air Force-level news? Yes ☐ No ☐

Do the photos encourage you to read accompanied articles? Yes ☐ No ☐

Is the Gulf Defender easy to read and follow? ☐ ☐

What did you find most interesting in this week's paper? _____

If you could change one thing in the paper, what would it be? _____

Comments: _____

Pesky passwords to expire

2ND LT. WILL POWELL
325th Fighter Wing Public Affairs

Accessing Tyndall computers and secure Web sites will soon become a lot less complicated, according to the 325th Communications Squadron.

Instead of having to remember multiple user names and passwords, Airmen will soon be able to use their common access cards and a short personal identification number to login to the network and access network resources.

The program also leads to greater security for Air Force networks, said Staff Sgt. Daryl Bernhardt, 325th CS network administrator.

“User names and passwords can be falsely acquired through various means such as ‘phishing’ or password cracking, but the CAC-enabled login requires a hacker/malicious intruder to physically have the user’s CAC, valid certificate and PIN,” he said.

The transformation to CAC logins leads the way for complying with Department of Defense mandates to use CAC certificates as a positive means of identification to access secure Web sites, Sergeant Bernhardt said.

Tyndall Network Control Center personnel plan to begin testing and evaluating the program on their computers this month. Once completed, all users will be able to logon with their CAC card within two months.

“However, some user accounts may encounter errors if their CAC hasn’t been updated since their last permanent-change-of-station move,” said Tech. Sgt. Michael Jones, 325th CS network administrator.

If this occurs, the user may need to update their e-mail address and other information on record at the military personnel flight, according to Staff Sgt. Brandon Mattingly, 325th Mission Support Squadron MPF customer service representative.

Users will still be able to login with their user name and password until October, but AETC has mandated that all personnel must use their CAC card for network access beginning Nov. 1.

People without a CAC reader for their workstation should contact their unit’s client support administrator.

For more information, call the NCC helpdesk at 283-2622.

● FROM EMAIL PAGE 6

jan horses and worms have a variety of ways of getting on a computer, they all act and are activated in different ways.

“A virus needs human interaction to become malicious, usually in the form of an executable file,” Airman Heckle said. “The file is activated when a user clicks on or executes the program. A worm does not need human interaction. It can spread from machine to machine and has the ability to replicate itself without any human help.”

A Trojan horse uses another program to hide its presence, Airman Heckle said. Once the program is activated the Trojan horse begins to wreak havoc on the

host system, such as launching pop-up ads and in some cases opening a backdoor for someone else to access the system.

Often systems are infected with these types of programs through shareware downloads.

“The best thing to do before you download software is to do research on it,” Airman Heckle said. “It is also highly encouraged to load the free antivirus software provided by the Air Force for home use.”

If you are doing official work at home, free antivirus software may be available. People can access this software with the help of their unit’s computer network security personnel.

“Whether you are us-

ing high-speed or dial-up Internet, you should always be aware of what sites you are accessing and downloading,” she said. “It is recommended you use any available software firewall that comes with your operating system and purchase a hardware firewall to enhance your security posture.”

Viruses and spyware put individuals and systems at risk but people should remember that often they are the weakest link in the chain.

People who don’t carefully review what they have written before hitting the “send” or “post” button put everyone at risk.

(Courtesy of U.S. Air Forces in Europe News Service)

